



## **Navy and Marine Corps Great American Smoke Out Day 1999**

The 1999 Great American/Navy-Marine Corps Smoke Out Day is designed to encourage smokers to quit and to encourage people not to start. A recent CDC report (MMWR, 11/5, 1999) suggested that about 9 million people participated in the 1998 Great American Smoke Out. The event offers a wonderful opportunity to address the Tobacco problem in the Navy and Marine Corps in a positive and non threatening manner.

Navy Health Promotion programs were participants in the Great American Smoke Out Day program. The following programs are highlighted in the hopes that their activities may be emulated!

At Naval Station Everett, volunteers were at the base gates on GASO day. They passed out flyers, distributed survival kits and collected tobacco products! Health Promotion partnered with MWR and sponsored a "Slopes for Smokes" Challenge for those who gave up tobacco for 30 days. Also, the base club sponsored a nonsmoking night and offered survival kits for patrons. The Smoke Out activities also included a tobacco awareness display on base which exhibited two human lung sections - one of a smoker and the other of a nonsmoker.

At NAS Whidbey Island, the Smoke Out event was evident all over the base. The electronic bulletin board announced the Smoke Out Day. Partnering with the Fitness Center, display

tables were set up at the Enlisted Club, Chief's Club and the Officer's Club. The Fitness Center offered fruit smoothies to those quitting tobacco for the day. Several Air squadrons competed with one another on the Smoke Out Day with special prizes and incentives. A sampling of the incentives included- coveted parking spots, two 24 hour liberty awards, and a lunch at Subway.

At MCB Quantico, information letters were sent out to the parents of the middle and high school students asking for their support of the Great American Smoke Out. Information tables were set up at the Exchange, at a Battalion and Larson Gymnasium, and "goodie bags" were distributed to all Smoke Out participants. At the chow halls and base clubs, table tents were set up to give out information. A giant step aerobics class was held by MCCA fitness instructors. Additional awareness and promotion of the GASO were via- roadside signs on base, an announcement on the base TV, and signs posted at the designated smoking areas.

At Camp LeJeune, five different locations on base were the sites of GASO activities. At the main Exchange, the Medical Education and Clinical Unit was set up with a display. Other sites included - tobacco awareness tables at the High School and the Middle School, the Naval Hospital and the New River Air Station Exchange. Activities were five minute stress massage breaks, displays, tobacco games (Cold Turkey Bowling and Tobacco Trivia), flu shots, a coupon exchange for tobacco, and a fun walk/run. A former smoker and cancer survivor gave talks to the DoD high school students.

At the DTHC Arlington Annex, the GASO was set up at two sites - a central location in the Annex and at Henderson Hall in the gym. Survival kits were given out, the number of individuals who quit for the day were tracked, and a turkey was given away in a raffle.

At NMMC, the GASO took place on "Main Street" with the help of Dental and the Military Family Health Center. At the display table was a video playing throughout the day (Dying for a Smoke). Raffle prizes for movies, coffee and turkey's were held, and vouchers for sandwiches were available for those who quit.

At Charleston, a Run for your Life 5k was held and participants received a t-shirt from MWR. Survival kits were distributed at various locations, including clinics, through out the Naval Hospital and at other local commands. A massage chair was set up on the way out to the designated smoking area for a "stress break versus a smoke break."

Please consider how you may improve your Great American Smoke Out Day! How will you reach all the commands on the base? How can you assist the fleet with the GASO? In what ways may you reach out to all beneficiaries for the GASO? How will you make the GASO a military-community program?

To obtain information on the Great American Smoke Out contact the American Cancer Society at [www2.cancer.org/gas/](http://www2.cancer.org/gas/) or call the national number at 800-ACS-2345 or the local ACS office.

Please forward your commands GASO accomplishments to NEHC at [longm@nehc.med.navy.mil](mailto:longm@nehc.med.navy.mil)

